

Mind your wellbeing

We're having quite a year, and we all need a little help to get us through. Starting with a plan to do one small thing that will keep you well is a great way to look after your mental health and wellbeing.

The 'Keep Well' campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information and tips on activities and resources that will help us keep well through the coming months. The Keep Well campaign is focused on five main themes.

Keeping active

Keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.

Staying connected

Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.

Switching off and being creative

Switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.

Eating well

By nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.

Minding your mood

It's normal to be worried or to feel stressed during this difficult time, but there are many things we can do to help us mind our mental health and wellbeing and to keep ourselves well.

Community Response Helpline

A helpline is available to respond to the needs of vulnerable members of our community. If you need practical supports, like your shopping delivered, or you just need someone to talk to you, the Clare Covid-19 Community Response Helpline is here for you.

Call Freephone 1800 203600 or email clarecommunityresponse@clarecoco.ie

The Keep Well campaign is a call to action to everyone across our society. It is an invitation to individuals, communities, voluntary groups, sporting organisations, those involved in creativity and the arts, local heritage and history, businesses, as well as local and national government, to find ways to support everyone to discover new activities and routines that will do us good.

Find ideas on what you can do and what's available in your local community at

clarecoco.ie/together



KEEP WELL



Rialtas na hÉireann
Government of Ireland



COMHAIRLE CONTAE AN CHLÁIR
CLARE COUNTY COUNCIL

Look for #KeepWell on social media

